

BLADDER DYSFUNCTION IN MULTIPLE SCLEROSIS PATIENTS FROM MS NURSE PERSPECTIVE

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Bladder dysfunction is one of the problems which may affect a patient with multiple sclerosis (MS). In contrary to other symptoms related to MS including tremor of hands and problems with walking, patients have difficulties in discussing their urinary dysfunction. MS nurse has therefore an important role to initiate such conversation, to establish an atmosphere of confidence with the patient and also ask the patient to fill out IPSS (International-Prostata-Symptom-Score) which provides important information regarding the urinary dysfunction.

Urinary dysfunction in MS patient may present as urine storage dysfunction or dysfunction in bladder emptying. It is very important to timely diagnose such problem and start

appropriate treatment. If dysfunction in bladder emptying and urinary retention are present, the patient should be educated in intermittent self-catheterization. This decreases incidence of urinary tract infection, prevents worsening of underlying disease and improves quality of life. If frequency and urgency is present, this may be improved with dietary changes include restricting use of caffeine, alcohol and orange juice.

In conclusion, because of very high incidence of bladder dysfunction in patients with MS (80% in general population and 96% in patients with MS diagnosis of more than 10 years), it is of outmost importance to timely recognize the symptoms and initiate appropriate treatment.